Vol. 3, No. 21

Marine Corps Logistics Base Barstow, California

April 8, 1999

FAST company dispatched to American Embassy in Macedonia

Submitted by **HQMC**, Division of Public Affairs

WASHINGTON — A platoon of U.S. Marines from the Fleet Antiterrorism Security Team company in Naples, Italy, has been dispatched to the American Embassy in Skopje, Macedonia, to augment security there. Security concerns arose when the embassy came "under siege" as thousands of Serbs in Macedonia began protesting NATO airstrikes in the neighboring Serbian province of Kosovo. British and German embassies have also been attacked.

The airstrikes began March 24 as part of Operation Allied Force, an effort to induce Yugoslav President Slobodan Milosevic to accept a peace settlement for Kosovo. The ethnic Albanians in Kosovo have accepted the NATO-backed peace agreement, but Milosevic has thus far refused. NATO sources estimate that 500,000 people have been displaced from their Kosovo homes this past year due to the ongoing conflict and say this could be the worst humanitarian crisis in Europe since the fighting in Bosnia-Herzegovina. The

and Macedonia looking for safe refuge.

Previously known as the Yugoslav Republic of Macedonia, the country is bordered by Albania, Bulgaria, Greece and Serbia. Ethnic Macedonians make up about two-thirds of the country's population while almost a quarter are ethnic Albanians. Just a small fraction of the population is Serbian.

A FAST company is a rapidly deployable force that can be task-organized to meet a variety of antiterrorism security missions, including deployment to shore installations or naval

displaced Kosovacs have poured into Albania shipping or, as in this case, to provide embassy security reinforcement.

> The 24th Marine Expeditionary Unit (Special Operations Capable), homeported at Camp Lejeune, NC, is also on routine deployment in the European theater of operations. A MEU (SOC) is composed of about 2,200 Marines and Sailors, and is a powerful force in readiness capable of performing many types of missions, including humanitarian assistance and disaster relief, amphibious raids and assaults, in-extremis hostage rescue, and tactical recovery of aircraft and personnel.

Who left this Easter egg here?



Michael McDonald, almost 2, sees an Easter egg that was cleverly hidden during an Easter egg hunt, hosted by the MCLB Fire Department and the Provost Marshal's Office last Friday. More than 900 eggs were hidden and numerous prizes were given to the more than 60 children who turned out to find what the Easter Bunny left. The Child Development Center sponsored a separate Easter egg hunt.

Logistics region leads the way into 21st century information technology

By Barstow Log staff

The U.S. Marine Corps Materiel Command (Mat Com) is leading the way for the first information technology (IT) regionalization initiative.

General Charles C. Krulak, Commandant of the Marine Corps, directed BGen. Robert Shea, assistant chief of staff, Command, Control, Communication, Computers and Intelligence (C4I), to regionalize the support IT support and services the Marine Corps supporting establishment provides world-

Information technology services include all voice, video and data services and planned improvements to those services. The supporting establishment provides the infrastructure to operate the information technology at all Marine Corps bases, stations, depots and tenant organizations.

"The purpose of IT Regionalization is to create a more cost-effective Marine Corps-wide information technology 'utility,'" said Col. Al Pendleton, MatCom Chief Information Officer (CIO). "IT is reaching a state of interdependence and universal use requiring more functionality, greater commonality, more reliability and better service to all users at lower cost. It makes good business sense to treat information technology as a utility, a radical departure from previous corporate thinking.'

The Marine Corps' CIO, in coordination with local commanders, developed the IT Regionalization process. The Marine Corps can achieve a more cost-effective IT utility by consolidating and streamlining the currently fragmented IT support and standardizing. IT regions are defined by grouping Marine

Corps bases, stations and depots according to geographic locations and/or business processes. The intent is to logically consolidate IT utility service to a core of users sharing a common subset of functionality.

The scope of this initiative is worldwide with the Logistics Region as the lead region. The eight Marine Corps IT regions are: the Logistics Region, the East Coast Region, the West Coast Region, the Reserve Region, the Hawaii Region, the Far East Region, the European Region, and the National Capital Region. Each region has an executive agent who directs the regionalization process, coordinating with the Marine Corps' CIO and other regions as required.

The Logistics Region includes the entire family of informationtechnology

See IT Page 8



The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDER'S FORUM@HQTRS1.

Thank you for the woodpile giveaway

Thank you for the woodpile giveaway. My wife and I have been gathering firewood at your base for two years. It has saved us a tremendous amount on propane costs.

It has been refreshing for both of us to meet the Marines at the gate house. They are very professional, being firm, yet understanding. Their directions are very clear.

The two employees who oversee the people at the woodpile are great. Somehow thru the media, they get the giveaway days known to the public. Their documented rules are clear, easy to understand and fair.

Thank you for the wood.

Eugene L. Roemhild - Phelan, Calif.

It is always a pleasure to receive complimentary remarks about this command's programs and the dedicated people who make them work. As evidenced by this correspondence, as well as the numerous favorable comments I've heard, it is obvious that the wood giveaway is a tremendous success. I'm certain many people are looking forward to fall when this win-win effort starts again.

Thank you for a job well done.

Semper Fidelis,

Col. Mark A. Costa

You've got to break those boots down

By Lt. Michael Michener Base Chaplain



I recently bought a pair of the new boots now available to the Marine Corps. They are insulated and have a Gore Tex lining making them waterproof. They are

nice boots - very nice. I bought them because every time we went on a hump, I would get blisters so bad that my feet would be bleeding by the time we got back. It didn't matter what I did with my old boots including wearing two pair of socks, putting mole skin on strategic places on my feet and even changing socks halfway through the hike, I was always one hurting unit by the time we finished. I had heard that these new boots would be better

Everyone said that I needed to wear the new boots for a few weeks to help break them

in before wearing them for a long hump. Initially, my pair kept cutting into the back of my calf. After a few days, my calves were very sore. I had another problem. The directions said not to get any polish on the canvas portion of the boot. I tried to polish the leather but they would not shine. I rubbed polish in with my finger and spit on the boot and buffed and buffed and they still would not shine. I happened to mention it to the first sergeant and he said, "you have to break those boots down before they will hold a shine." That means they have to be stripped down to the leather without any dyes and preservatives on them. It means a lot of scrubbing with saddle soap to get that factory coating off. The sergeant major says that you put black leather dye back on them and let them soak in and dry. Then you begin to add coats of polish until you get to the spit shine.

It occurred to me that we are a lot like a pair of boots. Most of us do our best to "shine"

See **CHAP** Page 3

Chapel Hours

Sun. 8:30 a.m. **Protestant** Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m. At the Colonel's Workshop For more info, call Chris Moya



Scam artists prey on Y2K fears

From Navy Wire Service

WASHINGTON — As the millennium draws near and people begin to fret about the Year 2000 "bug," some aggressive scam artists and fear mongers have been preying on those fears to cheat and steal. But, say federal officials, with a little common sense and attention to detail, consumers can defend themselves.

'The common theme here is that some

unscrupulous individuals are using the Y2K issue to take advantage of people," said Scott Jacobs, deputy assistant director for Economic Crimes at the Naval Criminal Investigative Service. Some scams, says Jacobs, relate to credit card usage and protection, while others are targeted at banking institutions and personal accounts.

In February of this year, information was received by NCIS from the National Fraud Information Center about a credit card scam related to the magnetic strip located on the back of each card.

It works something like this: A prospective victim gets a call from a solicitor who is offering "Y2K-compliant magnetic strips" for credit cards. Usually the caller says he represents a bank or other credit card issuer, however he does not mention the name of the institution he represents. The caller states that to make the victim's credit card "Y2K compliant" and immune to potential millennium-related problems, a new magnetic strip will be mailed to the victim to affix to the card. However, the victim is requested to give the credit card number to the caller.

There are several clues that can help consumers identify this scam. First, credible solicitors always identify themselves, as well as the company they represent. Secondly, when you use your card, it is swiped through a reading device that reads the magnetic strip for approval purposes. Therefore, if there were a Y2K "reading" problem, it would probably be in the machine it is swiped through, not the card. And lastly, always be cautious if someone asks you for your credit card number.

"Any time anyone gets a call from a bank or insurance company, and you don't know the person on the other end of the phone, be attentive," warned Jacobs. "Do not give out any personal information about yourself, your family or your account. In the back of your mind, this should be an indication that this is not normal."

Another related Y2K scam is one in which "credit card insurance" is offered to protect cardholders from any Y2K-related problems. The NCIS warns of two specific companies that have been associated with this particular type of scam, namely "Credit Card Securities" and "National Credit card Protection."

There are also some bank-related scams of which Marines, Sailors and civilian Marines should be aware. The following experience was related by a Department of Defense worker: "I got a call from a man telling me he represented my bank and that they were having difficulty meeting requirements to be computer ready for Y2K. He said all bank customers would need to transfer their accounts to a bond account specially designed to protect out money until the bank could fully comply with Y2K requirements. He then asked me to confirm information about myself, specifically my account number, and that I needed to give verbal authorization to transfer funds to this special bond account. He said I would lose all of my money if I didn't transfer it. When I asked him which bank he represented, he hung up."

A good rule of thumb is that credit card, bank account, financial or personal information should never be given over the telephone to unsolicited callers. "Remember," said Jacobs, "Your bank already has all the information they need on you. Respectable banks will not give you a phone call just to update their records.'

If you receive any such calls, take action to protect yourself by reporting the call (and the scam artist) to the Naval Criminal Investigative Service, a local law enforcement agency, or the National Fraud Information Center at (800) 876-7060.

D A DOZOME L OC

Marine Corps Logistics Base Barstow, California Colonel Mark A.Costa, Commanding Officer

Public Affairs Officer/Executive Editor: Public Affairs Chief/Managing Editor: Press Chief: Editor: Correspondent: Correspondent PA Support Clerk:

Bill Bokholt GySgt. Frank Patterson SSgt. Matt Olivolo Cpl. Kevin Dolloson Cpl. Mike McQuillan LCpl. Brian Davidson Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base inding Officer (B130), Commi Barstow, CA 92311-5001. The Public Affairs Office is located in Building 33. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This newspaper is an authorized publication for members of the Department of Defense. Contents of BARSTOW LOG are not necessar ily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. BARSTOW LOG is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. BARSTOW LOG is produced at Aerotech News, and printed at Antelope Valley Press in Palmdale, Calif. Printed circulation is 3,500.

For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

Power outage

An electrical power outage is scheduled for Wednesday from 8 a.m. to 12 p.m. Affected areas will include quarters 1100,1102, 1104, 1110, 1112, 1114, 116 on Chosin and 1000 Cape Gloucester. Television service will also be affected.

The outage is necessary to replace transformers. Don't forget to turn your computers off the day of the outage.

For more info, call Marvin Manness at 577-6717.

Free Dump Day

The City of Barstow is offering free disposal of bulk items at the county dump Saturday. Base residents must leave items to be disposed of curbside no later than noon tomorrow. No tires or scrap wood will be accepted.

For more info, call Sgt. Mario Rivas at 577-6871.

Free health screening

The Barstow Masonic Temple at 221 Avenue J is offering free medical screening for children 18 and under for treatment at Shriners' Hospital for Children May 10 from

Local doctors will be screening for treatable orthopedic problems, residual burns, scoliosis, clubfoot, cerebral palsy, muscular dystrophy and many other ailments. Parents should bring a copy of the child's birth certificate, immunization records, guardianship papers and W-2 or 1040 forms for 1999.

No appointments are necessary. For more info, call 252-5800 from 9 a.m. to 8 p.m.

Safety shoes for sale

Safety shoes will be available for purchase Wednesday in Yermo in the parking lot of Bldg. 573 from 7 to 11 a.m. and in Nebo across from Bldg. 236 from 12 to 2 p.m.

Leave donors needed

David Peterson, Heavy Mobile Equipment Business Center, Maintenance Center, has been affected with a medical emergency.

Anyone desiring to donate leave under the leave sharing program may do so by contacting their administrative officer.

For more info, call Pat Snyder at 577-7284.

Cyclists needed

pany seven physically challenged athletes down Boll Ave. to Daggett April 13 at approximately 1 p.m., as they make their way across the nation. The 1999 Transcontinental "Triathalon for Life" is a group of physically challenged athletes biking, running and swimming across the United States from Santa Barbara, Calif., to New York City.

To volunteer or for more info, call SSgt. Matt Olivolo at 577-6451.

Job /Education Fairs scheduled

Barstow College will host a Career & Education Fair in the campus gymnasium at 2700 Barstow Road from 10 a.m. to 2 p.m., April 15.

Additionally, the Camp Pendleton Spring Career Fair '99 will take place from 9 a.m. to 2 p.m., April 22, at the South Mesa Staff NCO Club, Bldg. 2022850, Camp Pendleton. It is the largest career fair conducted on the West Coast for separating and retiring military personnel and their family members.

For more info about fairs, call MCCS, Personal Services Division at 577-6265.

For more info on BCC Educa-

CHAP from Page 2

by our own efforts. Occasionally, we manage to look fairly well. But there is still that factory coat called sin that prevents us from being all that we were meant to be. As long as we are determined to do things our way, we never reach our full potential. It is only when we are willing to be broken down and surrender our will for God's will that He is then able to make us shine like we were intended.

The apostle Paul wrote to the Roman church, "Now if we died with Christ, we believe that we will also live with Him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over Him. The death He died, He died to sin once for all; but the life He lives, He lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus" (Romans 6:8-11).

When we surrender our way for God's way, He begins to build us up and we become "buff" for Him. He puts His polish on us and conforms us to His design.

The first hike we did turned out to be a real test. I still got one blister. But it was just a small blister and my feet were not as sore as they had been in the past. The boots were broken in and really began to help my feet. Finally, they were serving me instead of hurting me. I still have a few coats of polish to go to get the shine, but they're getting there.

I hope you will be willing to be broken down and watch as God puts a great shine on you.

Blessings, Chaplain Michener

10 a.m. to 3 p.m.	Bicyclists are needed to accom-	tion Fair, call 252-2411, ext. 7236.
X/////////////////////////////////////		
X/////////////////////////////////////		
V		
V		
<i>\////////////////////////////////////</i>		

What does the Comptroller Department do?

By Cpl. Kevin Dolloson

Barstow Log staff

Since the realignment of departments and divisions on base, names have changed, offices have been moved, and job descriptions may be different.

In an effort to smooth out the transition, the Public Affairs Office is compiling articles about each department, whether there has been major changes within it or not.

What was formerly known as the Resources Management Division (RMD), is now the Comptroller Department and consists of four operational divisions; the Plans and Operations Division, Budget/Civilian Payroll Division, Resources Evaluation and Analysis Division and the Finance Division – for military pay and travel.

Commander's and the Comptroller's internal audit capability, as well as the first point of contact for all external audit agencies. This division is also responsible for the local Fraud, Waste and Abuse Program – a program geared toward reducing fraudulent and wasteful practices on base

The Finance Division handles all military payroll, and travel – to in-

clude Temporary Additional Duty (TAD) and Permanent Change of Station (PCS) – for civilian and military.

All of the processes and operations that were previously conducted by RMD are still being maintained under the realignment.

The Comptroller Department is now a pure comptroller office responsible for accounting, budgeting, payroll, disbursing, reviewing and analyzing, and providing interservice support for base and tenant activities.

According to E. A. Gillberg, the base Comptroller, this is a step toward improvement in base functions.

"The realignment of processes and functions is an initial step in streamlining the organizational



structure so that the processes can be improved and additional efficiencies realized," said Gillberg.

For more information about the Comptroller Department, call E. A. Gillberg at 577-6701.

Operations Division, Budget/Civil-	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	
ian Payroll Division, Resources	X/////////////////////////////////////	
Evaluation and Analysis Division	X/////////////////////////////////////	
and the Finance Division – for mili-	X/////////////////////////////////////	
tary pay and travel.	X/////////////////////////////////////	
The Plans and Operations Divi-	X/////////////////////////////////////	
sion maintains the Joint Interservice	<i>X////////////////////////////////////</i>	
Resource Study Group (JIRSG),	X/////////////////////////////////////	
Defense Regional Interservice Sup-	X/////////////////////////////////////	
port Agreements (ISA), Com-	X/////////////////////////////////////	
mander in Chief awards for instal-	X/////////////////////////////////////	
lation excellence (CINC) and de-	X/////////////////////////////////////	
partment internal operations.	X/////////////////////////////////////	
Budget/Civilian Payroll Division	X/////////////////////////////////////	
is responsible for all planning, pro-	X/////////////////////////////////////	
gramming, budgeting and executing	X/////////////////////////////////////	
of the commands financial resources.	X/////////////////////////////////////	
In addition, it's also responsible for	X/////////////////////////////////////	
all civilian payroll operations.	<i>X////////////////////////////////////</i>	
The Resources Evaluation and	X/////////////////////////////////////	
Analysis Division is the Base	<i>X////////////////////////////////////</i>	
	<i>X////////////////////////////////////</i>	
	<i>X////////////////////////////////////</i>	
	X/////////////////////////////////////	
X/////////////////////////////////////	X/////////////////////////////////////	
	X/////////////////////////////////////	
<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	X/////////////////////////////////////	
	X/////////////////////////////////////	
X/////////////////////////////////////	X/////////////////////////////////////	
	X/////////////////////////////////////	
<u> </u>	<u> X////////////////////////////////////</u>	

Department of Labor finalizes revisions to FECA

Submitted by MCCHRO-W, BSO

The Department of Labor proposed revisions to the regulations governing the Federal Employees' Compensation Act (FECA) on Dec. 23, 1997. The final regulations were published in the Federal Register on Nov. 25, 1998 and became effective on January 4, 1999. The major changes (not all inclusive) are addressed as follows:

Continuation of Pay (COP) Initial claim for COP and Recurrence

COP is payable only when disability begins, or time is lost for medical care, within 45 days of the date of injury. Any COP balance remaining after the injured employee returns to duty may be used for a recurrence of disability, or for medical treatment, which begins within 45 days of the first return to work date. However, filing of the Form CA-2a is required to receive COP for a recurrence of disability. (Prior to Jan. 4, '99, an injured worker had a 90 day period in which to use the 45 days of COP and a CA-2a was not required if additional time lost was incurred after the first return to duty date).

Medical Evidence in Support of COP

The time allowed for the employee to provide the employer with a medical report supporting disability has been reduced from 10 working days to 10 calendar days. A requirement is also included that medical evidence must contain a statement of when the employee can return to the date of injury job.

The employer is allowed to contact the employee's physician in writing, for the purpose of monitoring an employee's medical progress and duty status. Telephone contact and personal visits by the employer with the physican are specifically prohibited.

Termination of COP for disciplinary action

The employer is allowed to terminate COP when a preliminary notice of a disciplinary action is issued before the injury and becomes final or otherwise effective during the COP period. (Previously the final written notice must have been issued before the date of injury in order for the agency to terminate COP

See **HRO** Page 9

HRO Organization Staff Call 577-6478

Bettye Hunt, Head-Personnel Operations Branch

Luci Wais, Staffing Classification

Pat Reeder, Staffing Classification

Donna Coppi, Injury Compensation Program Administrator

Kathleen Dunham, Staffing Assistant/Incentive Awards

Josie Marquez, Worker's Compensation Assistant

Shaunna Arguelles, Head-Labor and Employee Relations Branch

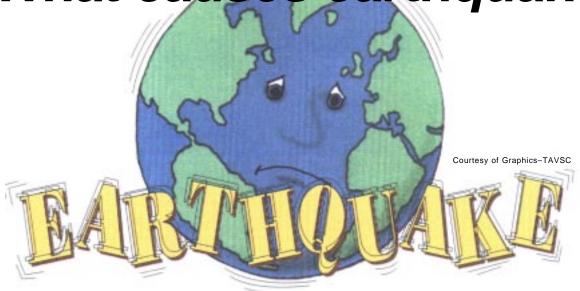
Karen Ross, Labor/Employee Relations Specialist

Marva Johnson, Head-Equal Employment Opportunity/Employee Development Office

Sharon Lange, EEO Counselor/SEP/Tuition Reimbursement Program

Yolanda Ojeda, EEO Counselor/SEP

What causes earthquakes in California?



Although the earth feels solid as we walk along its surface, it is really only partly so.

The earth is divided into three main layers – a hard outer crust, a softer middle layer and a central core. The crust is broken into mas-

sive, irregular pieces called "plates," which have been moving very slowly over the earth's surface for billions of years, driven by energy forces deep within the earth.

It is this movement which has shaped the physical features of the

earth – its mountains, valleys, plains and plateaus. Earthquakes occur when these moving plates grind and scrape against each other.

In California, two of these plates meet – the Pacific Plate and the North American Plate. The Pacific Plate consists of most of the Pacific Ocean floor and the Califronia coastline. The North American Plate comprises the North American continent and parts of the Atlantic Ocean floor. The primary boundary between them is the San Andreas Fault, which is more than 650 miles long and extends to depths of at least 10 miles. Many smaller faults – like the Hayward Fault in the north and the San Jacinto Fault in the south – branch from and join the San Andreas Fault zone.

The Pacific Plate grinds northwestward past the North American Plate at a rate of about two inches per yer. Parts of the San Andreas Fault system adapt to this movement by constant "creep," resulting in relatively frequent, but moderate earth tremors. In other areas, movement is not constant, and strain can build up for hundreds of years, producing great earthquakes when it is finally released.

Scientists estimate that over the next 30 years the probability of a major earthquake occurring in the San Francisco Bay area is 67 percent; in Southern California the probability is 60 percent.

The earthquake threat is by no means just a big-city problem. A damaging earthquake can occur virtually anywhere in the state. Earthquakes cannot be prevented; however damage, destruction and loss of life can be significantly reduced if all Californians sufficiently prepare themselves, their homes, workplaces and communities for a major earthquake.

For more information, call Ray Thorn at 577-6422.

Here are a few steps local government, businesses and schools can take to prepare for earthquakes:

- Prepare and regularly update disaster plans. Address both reponse and recovery issues.
- Consult local building codes to ensure your building meets current structural safety standards
- Conduct "hazard hunts" to find nonstructural hazards in offices, classrooms, storerooms,

laboratories, warehouses and manufacturing areas.

- Include articles on business and home earthquake safety in employee newsletters, or provide employees with brochures or flyers
- Institute ongoing training programs in emergency processes, first aid, CPR, evacuation, search

and rescue, use of fire extinguishers, and damage assessment. Hold periodic drills and exercises.

- Determine and post primary and alternate routes for emergency evacuation of the building, should that be necessary after an earthquake. Establish procedures for those needing evacuation assistance.
 - Educate staff, as applicable, on

earthquake effects on highrise buildings. (Lower floors will shake rapidly. Movement on upper floors will be slower, but the building will move farther from side-to-side.)

 Secure and anchor equipment and furniture, including bookshelves, cabinets, computers, typewriters, water heaters, other gas appliances and laboratory equipment.

- Assemble emergency kits with water, first aid supplies, radios, flashlights, batteries, heavy gloves, food, and sanitation supplies. Maintain in a secure, accessible location
- Develop an inventory of critical supplies and equipment.

New Promotion Warrants

The new NCO promotion warrants are now available in the Marine Corps.

The new warrant is the same size and reads the same as the old warrant. The new warrant is made of a transparent, yellowish parchment with sergeant and corporal chevrons centered on the page.

The new warrants are only for non-commissioned officers; non-NCOs will continue to receive the old promotion warrants.

For more info, contact GySgt. Anita Colunga or Cpl. Micheal McGee at 577-6662.

Order your MCIs today, and improve your chances of getting the new promotion warrant.

Visit the Operations and Training Branch (S-3) located in Building 302 or call 577-6502.

Awards & Punishments

Promotions

Cpl. Christopher Jurgensmeyer LCpl. Travis Dilk Decorations
Navy-Marine Corps
Achievement Medal
Sgt. Wendy Clough

Good Conduct Medal

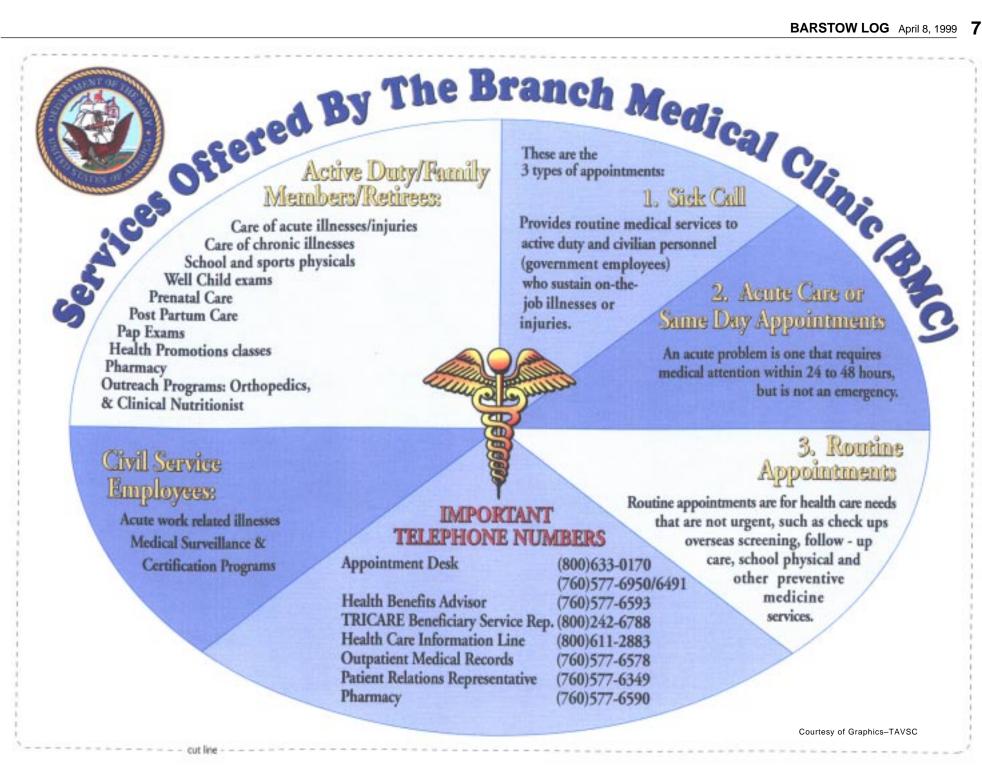
Cpl. Kevin Dolloson
Cpl. Peter Irene Jr.
Cpl. Raul Valdez

LCpl. Kirk Carron
LCpl. John Puckett
LCpl. Gary Smith

Non-Judicial Punishment

A lance corporal received non-judicial punishment March 24 for violating Articles 86, 91, 92 and 134 of the Uniform Code of Military Justice, unauthorized absence, insubordinate conduct toward a warrant officer, noncommissioned officer or petty officer, failure to obey order or regulation and conduct unbecoming a Marine. The Marine was awarded reduction to E-2 , \$300 forfeiture of pay for one month – suspended for 6 months, 45 days restriction and 45 days extra police duty to run concurrently.

A corporal received non-judicial punishment March 31 for violating Article 92 of the Uniform Code of Military Justice, failure to obey order or regulation. The Marine was awarded \$200 forfeiture of pay for one month, reduction to E-3 – suspended for two months and 10 days of restriction.



MCLB Barstow implements Civilian Wellness Program

By Helen Sampilo

RN Occupational Health Nurse\Specialist

A dynamic, interested group consisting of key personnel at MCLB Barstow and the Medical and Safety community got together in January 1999 to discuss ways of reducing occupational injury and illness Federal Employees' Compensation Act claims and to implement the civilian wellness program.

Both are preventive medicine goals to enhance the quality of life in the working com-

As an outcome of the efforts of the group, Col. Mark A. Costa, Base Commander, was briefed to obtain support of the program. He approved the Wellness Program for the civilian employees.

Carl Fillingame, deputy director of Installations and Logistics Department, took the opportunity and saw the benefits of a wellness program for his employees. A pilot program is being designed for his personnel with the

Semper Fit Training program spearheaded by CWO William Bradshaw, Semper Fit coordinator.

To meet the negotiated agreement, American Federation of Government Employees Union President, Leroy Sanchez approved the wellness survey and program.

Last week Maj. Mark Maloney, Director, Fleet Support Center Barstow, gave his approval for his civilian employees to participate in the program. A feasibility study is pending for MCB.

A two-part Employee Wellness Survey is being distributed so more about the interests in wellness- and health-related activities of the community can be learned.

Readers are encouraged to fill out the survey form and give it to their adminstration office.

For more information call the Branch Medical Clinic at 577-6285/6588.



The Navy-Marine Corps Relief Society is here for you; yesterday, today and tomorrow.

But it doesn't work without support. The annual fund drive ends tomorrow with a drawing at the MCX at noon. All tickets must be purchased no later than 3 p.m. today.

Navy-Marine Corps Relief Society Fund Drive Representatives

Lavora Brown	Comptroller MCCHRO-W Barstow Public Affairs Office CWC 680 Metrology Deputy Provost Marshal Maintenance Center Barstow	577-6643 577-6022 577-6430 577-7269 577-6669 577-6711
Stephen Mulcare	Fire Protection Division	577-6731
1		

IT from Page 1

providers within MatCom: MCLB Albany, Ga., MCLB Barstow, Calif., both MCLB maintenance centers, Marine Corps Systems Command, Blount Island Command facility at Jacksonville, Fla., and MCRD Parris Island. (MCLB Albany is the recruit depot's disaster relocation site.) As the Marine Corps' pilot program for IT Regionalization, the Logistics Region must show proof of the viability and value of the process and establish the baseline for continued efforts throughout the Marine Corps.

With the growth of the World Wide Web and PC-based global command and logistics systems, such as the Global Command and Control System and the Global Command and Support System, network-centric demands on IT providers have grown significantly with no end in sight. Both deployed and base commanders find it increasingly necessary to coordinate and share significant quantities of information,

often at great distances and on very short notice, using all IT services available. These IT services requirements are becoming more and more collaborative and tied to databases where important functional information, such as logistics, intelligence, personnel and other kinds of data are stored. Quick, seamless, reliable and secure access to these robust IT services and the information they provide is essential to support fundamental 21st century operational concepts such as Operational Maneuver from the Sea (OMFTS). In other words, continued enhancement of the IT infrastructure and services is needed to support the cornerstone of Marine Corps operational concepts for the next century.

Pursuing IT Regionalization will also reduce costs.

"Today's IT providers are recognized for doing the best they can with what they have. They have worked miracles," said Shea. "But those heroic efforts have not brought about the required level of budget

reductions."

"It's time for Marine Corps Leadership to take a bold step forward to help," said Pendleton. "Commanders across the Marine Corps, faced with even deeper budget cuts, must do their very best to contribute to the \$110 million dollar reduction of the Marine Corps budget mandated by the Office of the Secretary of Defense by FY-04. Marine commanders must get as much as possible from their base support operational and maintenance dollars."

"Rethinking how IT services are provided and managed creates an exceptional opportunity to find ways to provide these essential services more efficiently and cost effectively," added Pendleton. "Providing IT services more efficiently will result in better service to the IT utility customers while contributing to the mandated operational and maintenance fund reduction. In addition, the IT infrastructure can be improved to ensure the support of the demanding collaborative planning

and reach-back capabilities required by OMFTS."

Finally, base IT support is a candidate for the Office of Management and Budget Circular A-76 process which evaluates whether an activity should be performed by a government unit or can be more efficiently handled by commercial industry.

IT Regionalization helps commanders document all IT requirements, consolidate and streamline organic resources, and reduce the cost of providing IT utility service to the greatest extent possible. This allows the Marine Corps to reinvest the savings back into the Corps before "privatizing" out to commercial industry — provided that privatizing is the most cost-effective method for obtaining IT utility service.

A cost-effective IT Regionalization for the Logistics Region will require 18-24 months of controlled migration from the many IT providers to a single IT provider organization or single service provider. This single service provider will be chartered to satisfy all IT requirements for the Logistics Region.

This new IT organization will be staffed, trained and equipped to provide services ranging from simple Help Desk questions to region-wide network upgrades

The single service provider will take advantage of Marine Corps Systems Command C4I modernization programs as well as local C4I improvements. With the single service provider's knowledge of and responsiveness to the joint IT environment, the Logistics Region will be able to provide efficient world-class IT services to its customers, both at home and deployed, well into the 21st

See IT Page 9

necessary to coordinate and share significant quantities of information,	those heroic efforts have not brought about the required level of budget	proved to ensure the support of the demanding collaborative planning

HRO from Page 5

on that basis.)

Attendant's Allowance

Also effective Jan. 4, 1999, payment for services of an attendant will be made directly to the provider of the service. There will be no further payments made directly to claimants for the services of an attendant for new claims. Where direct payments were being made to the claimant to cover the services of an attendant prior to Jan. 4, 1949, payments will continue until no longer necessary.

Suspension/Termination of benefits

20 CFR Part 10, paragraph 10.17 states: "When a beneficiary either pleads guilty to or is found guilty on either Federal or State criminal charges of defrauding the Federal Government in connection with a claim for benefits, the beneficiary's entitlement to any further compensation benefits will terminate effective the date either the guilty plea is accepted or a verdict of guilty is returned after trial, for any injury occurring on or before the date of such guilty plea or verdict. Termination of entitlement under this section is not affected by any subsequent change in or recurrence of the beneficiary's medical condition."

Paragraph 10.18(a) of 20 CFR Part 10 states: "Whenever a beneficiary is incarcerated in a State or Federal jail, prison, penal institution or other correctional facility due to a State or Federal felony conviction, he or she forfeits all rights to compensation benefits during the period of incarceration. A beneficiary's right to compensation benefits for the period of his or her incarceration is not restored after such incarceration ends, even though payment of compensation benefits may resume."

Paragraph 10.18(b) of 20 CFR Part 10 states: "If the beneficiary has eligible dependents, OWCP will pay compensation to such dependents at a reduced rate during the period of his or her incarceration, by applying the percentages of 5 U.S.C. 8133(a)(1) through (5) to the beneficiary's gross current entitlement rather than to the beneficiary's monthly pay."

Special rules for chiropractic services

The FECA limits the services of chiropractors to treatment to correct a spinal subluxation. "... a diagnosis of spinal 'subluxation as demonstrated by X-ray to exist' must appear in the chiropractor's report before OWCP can consider payment ..." OWCP no longer requires submission of the X-ray or X-ray report, but such a report must be available upon request.

Physical therapy may be provided by a chiropractor under the direction of a qualified physician.

Issuance of CA-16s (Authorization of Examination and/or **Treatment**)

CA-16s are not required to be issued if more than one week has passed since occurance of the claimed injury.

CA-16s are not to be issued to authorize medical testing when an employee has been exposed to a workplace hazard unless an identifiable injury or medical condition is

tomers' requirements. This team will compile all relevant information for the Logistics Region and adapt the single service provider model to the realities of the region. A decision brief will then be developed recommending the best program for managing IT utility service across the Logistics Region.

MatCom's CIO is the executive agent for the Logistics Region.

Over the next three months, members of a Marine Corps/Industry Region-alization Core Team will visit the sites in the Logistics Region to assess, understand and recommend potential changes for the proIT utility services to the single service provider model.

The Marine Corps/Industry IT Core Team needs assistance to help shape the IT future of the Logistics Region and the Marine Corps.

All current IT providers are asked to give their full attention to this effort. Current IT customers are asked

for ideas on how to improve and manage IT services and should speak to an IT provider or a Core Team member.

The IT Core team members here are Anita Lewis, MCLB Barstow, at 577-6788, and Carl Chisam, Maintenance Center Barstow, at 577-7267.

sustained as a result of the exposure.	visioning and management of the IT	X/////////////////////////////////////
For more information about the	utility. Every IT provider in the Lo-	X/////////////////////////////////////
njury Compensation Program, call	gistics Region, even the part-time IT	X/////////////////////////////////////
Donna Coppi, ICP Administrator,	providers, will be involved. Every IT	X/////////////////////////////////////
at 577-6279.	service will be examined. Every IT	
	requirement will be defined, and the	X/////////////////////////////////////
	interaction between requirements	X <i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
T from Dago 9	determined, documented, and ap-	
T from Page 8	propriately provided for in the rec-	X/////////////////////////////////////
century.	ommended IT utility. The Logistics	X <i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
The time line for achieving this	Region Implementation Plan	
fundamentally essential and impor-	(LRIP) will resolve management	X/////////////////////////////////////
ant goal has two phases, Assessment	approach, personnel staffing and	X/////////////////////////////////////
and Implementation.	technical resources and create an	
The Assessment phase began Feb.	implementation milestones sched-	X/////////////////////////////////////
16 and will be completed by mid-	ule.	X <i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
May. During the Assessment phase,	Program implementation begins	X/////////////////////////////////////
Marine Corps/Industry IT Core	after the MatCom commander ap-	X <i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
Team visits sites across the Logistics	proves the LRIP. The same Core	X/////////////////////////////////////
Region, collecting and understand-	Marine Corps/Industry Team will	X/////////////////////////////////////
ng information about IT providers,	develop and control the implemen-	X/////////////////////////////////////
he services provided, and their cus-	tation and migration of the region's	
ne services provided, and then eas	tation and inigration of the regions	X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X <i></i>
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////
		X/////////////////////////////////////

Update

By James H. Gaines MCCS Publicity

Appliance Sale at MCX

Proctor Silex appliance sale now going on throughout the month. 12cup coffee pot \$9.99, Bagel Smart 2-slice toaster \$8.99, power can opener \$8.99, 3-speed hand mixer \$8.99, lightweight iron \$8.99, 4slice toaster \$15.99, 6-speed blender \$15.99

The Exchange is open Monday through Saturday, 9 a.m. to 6 p.m.; Sunday, 10 a.m. to 6 p.m. For more info call 256-8974.

Family Restaurant & Cactus Cafe weekly lunch menu April 8th - 15th.

Today - Beef Stroganoff. Friday, April 9 - Breaded catfish. *Monday, April 12* - Grilled ham. *Tuesday, April 13* - Turkey a la king. Wednesday, April 14 - Meatloaf. Thursday, April 15 - Lasagna.

Family Night Dinner Menu at Family Restaurant

Tonight: All you can eat: Taco, burrito, rice, beans, dessert and beverage.

Thursday, April 15: Fried chicken, mashed potatoes, gravy, vegetable, roll/butter, dessert and beverage.

Family Night dinners are served from 4:30 p.m. to 7 p.m. every Thursday. All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free. Call 577-6428.

Clarification of dinner hours for the Family Restaurant

The Family Restaurant is open with dinner menu 4:30 p.m. to 6 p.m. weekdays. On Thursday the hours are from 4:30 p.m. to 7:30 p.m. (Thursday is Family Night dining).

Aerobic instructor – Stephanie – is back

Stephanie is back at MCLB. Her classes are Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m.

The classes emphasize step, high and low circuits as well as interval training.

Costs: \$2 walk-in fee for one session, or \$15/month military or ci-

Plan to sign up, and get in shape.

For more details call 577-6343.

And our other Aerobic Class

Monday through Thursday from 4:30 p.m. to 5:30 p.m. with Gina Galbraith as instructor providing you a choice for an earlier Aerobic class.

Classes also emphasize steps, high and low circuits as well as strength/ resistance training.

Costs: \$25/month military, \$30/ month civilian with a \$2 walk-in, one-session fee.

For more details on getting in shape call 252-9234.

ITT trip to Ice Age this month

Travel with ITT on Saturday, April 24 to see reconstructed fossils of Ice Age animals at the George C. Page Museum in Los Angeles. Included in the admission price is a tour of the La Brea Tar Pits - where more than 3 million fossils have been recovered. Admission fees are \$6 for general public, \$3 for seniors, \$2 for children.

After leaving the museum, we will stop at Farmer's Market. This popular market consists of more than 100 merchants selling fresh produce, meats, food, clothing and gift items. The outdoor cafes at Farmer's Market are very popular with a wide variety of menus.

Transportation for this trip will be \$10 round trip. Admission for the museum is paid at the door. For further info or to sign up, call Betty at 577-6541.

ITT also has passes for Magic Mountain for \$45 adults or children.

The Renaissance Faire is coming up and ITT has the tickets. ITT is open Monday through Friday, 8:30 a.m. to 4 p.m. Call 577-6541 for the latest on tickets and trips planned.

Oasis Club Members invited

The Oasis Club member's Social Hour is every Friday afternoon at 4 p.m. Free snacks. You're invited to attend the next get together. Call 577-6418 for details.

Secretaries Day Luncheon

Mark your calendars for Wednesday, April 21 - that's the Secretaries Luncheon at the Oasis Club. Time is 11 a.m. to 12:30 p.m. The cost is \$6.50 per person. Menu features a choice of Chef's salad or chicken breast with honey sauce, au gratin potatoes, vegetable, roll/butter and beverage.

Guest speaker is Jeanette Hayhurst, an Economic Development Coordinator for the City of Barstow. Hayhurst's topic will be

"Power for the New Millennium." Tickets are available through the Civilian Welfare and Recreation Association (CWRA). Call 577-6771 for details.

Tees and Trees Golf Course Specials this month

Tees and Trees specials include 18 holes of golf for DoD civilians for only \$13 (this does not include cart).

Seniors and ladies can play for only \$5 on Wednesdays.

Don't forget to drop by and sign up on or before April 19 for the Twilight League, which begins on April 20. There is a \$20 entry fee for 15 weeks of fun and great golfing.

Tees and Trees Golf Course is open Monday 11 a.m. to 7 p.m.; Tuesday through Sunday 7 a.m. to 7 p.m. Call 577-6431 for details on above specials or info about the Twilight League.

RV parking available

Desert Rat RV parking on base is safe and secure. We have 20 spaces available - 11 spaces with full service, 9 spaces with water and electricity only. Low, rate of \$5 per day. Close to everything on base. For more details call 577-6418.

1985 NISSAN TRUCK: Z-24 engine, auto, A/C, new tires, new windshield, new brakes, runs good. \$1,750. Call 253-5397.

1990 CADILLAC DEVILLE: XIt condition, full power, well maintained, new tags, white w/blue leather interior. \$5,500. OBO. Call 245-1559.

1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good. \$2,100 or trade for older Dodge, Plymouth or Chrysler truck. Call 252-9199.

1979 MOTORHOME: 25 ft., class A, roof/dash air, generator, sleeps 8. As is or trade for older Dodge, Plymouth or Chrysler car or truck. \$1,500. OBO. Call 252-9199.

TRAILER: 22 ft. Komfort, good condition, new tires, self contained, sleeps 6. \$3,500. OBO Call 252-3011 lv msg.

BASS BOAT: 72 Glasspar 14 ft., 75HP Johnson, tilt trailer, elec. trolling motor and fish finder, \$1,500. Call 256-6208 lv msg.

MISC: IBM Word Processor \$75. Call 256-6208.

FOR SALE: Whirlpool refrigerator, 2 years old, 20 cubic ft., XIt condition, Call 247-1155 after 6 pm. leave message for Steve.

FOR SALE: Wedding rings, 3/set. \$250. Call 252-8034 or 253-4329.

WANTED: Looking for drivers to drive from Apple Valley to Yermo Annex Bldg. 573. No gas payment required. Work schedule is Monday, Tuesday, Wednesday 6:30 am to 4:00 pm. Call 240-4218. Ask for Phillip.

WANTED: Driver needed to bring boat eastward for \$1,000. Call collect (706) 867-8723.

WANTED: 1966 Dodge Dart car or car parts. Call 252-9199.